

Hungry Planet® Beef Chili Adobo

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	RDS		25	5.54 oz

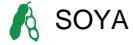
Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Beef™	2 lb 8.00 oz		Heat 1/2 of the olive oil in a large chili pot until smoking. Add Hungry Planet Beef™ and brown. Stir frequently, stirring the bottom.
Oil, olive, salad or cooking	1/3 cup 0 lb 2.50 oz		

Name of ingredient	Capacity measure	EP	Methods
2 Onions, raw <i>chopped</i>	1 2/3 pt 0 lb 10.00 oz		In a separate pan, heat the rest of the olive oil and saute onions, poblano and garlic until soft (8-10 minutes). Add chili powder, cumin, and oregano. Heat spices to active aroma.
Pepper, poblano <i>chopped</i>	1 1/4 cup 0 lb 5.00 oz		
Garlic, raw <i>minced</i>	7/8 tsp 0 lb 0.09 oz		
Spices, chili powder	~ 1 tbsp 0 lb 0.25 oz		
Cumin, ground	~ 2 tbsp 0 lb 0.39 oz		
Spices, oregano, dried	2 2/3 tbsp 0 lb 0.50 oz		

Name of ingredient	Capacity measure	EP	Methods
3 Salt, kosher, Diamond Crystal <i>2.5 teaspoons</i>	~ 1 tbsp 0 lb 0.31 oz		Add sauteed onion mixture, and remaining ingredients to beef. Simmer for 45 minutes. Adjust seasoning with salt.
Spices, pepper, black	1 1/4 tsp 0 lb 0.10 oz		
Chipotle chili, canned in adobo <i>chopped, 1 (8) oz can</i>	1/2 cup 0 lb 4.38 oz		
Beans, great northern, mature seeds, canned	~ 1 pt 1 lb 4.00 oz		
Tomato concasse	1 1/4 qt 1 lb 14.00 oz		
Vegetable stock	~ 1 1/2 pt 1 lb 9.00 oz		
Cilantro <i>finely chopped</i>	1 1/4 tbsp 0 lb 0.04 oz		

Name of ingredient	Capacity measure	EP	Methods
4			For serving (optional): rice, lime, sour cream, cheese, fresh cilantro

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 10.55 oz	0 %	8 lb 10.55 oz	0 %	8 lb 10.55 oz
Size of portion	5.54 oz		5.54 oz		5.54 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	3.04 g	32.99 %	81.60 kcal	Salt	0.40 g		
Saturated	0.29 g	3.17 %	341.44 kJ	Salt	0.40 %	Vitamin A	14.70 µg
Monounsaturated	1.38 g	14.91 %	0.34 MJ	Sodium	277.35 mg	Vitamin D	0.00 µg
Polyunsaturated	0.27 g	2.92 %		Phosphorus	31.63 mg	Thiamine	0.04 mg
Trans	0.00 g	0.00 %		Potassium	310.31 mg	Riboflavin	0.02 mg
Cholesterol	0.00 mg			Iron	1.80 mg	Niacin	0.31 mg
Linolenic acid	0.24 g			Calcium	54.52 mg	Vitamin B6	0.07 mg
Alpha-linolenic acid	3.29 mg			Zinc	0.19 mg	Vitamin B12	0.00 µg
Carbohydrate	7.88 g	39.22 %		Magnesium	13.92 mg	Folic acid	0.00 µg
Sugars	1.30 g	6.47 %		Iodine	0.00 µg	Vitamin C	13.58 mg
Sugar	0.00 g			Selenium	0.74 µg	Vitamin E	0.66 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin K	6.44 µg
Fibre	2.91 g	6.81 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	43.25 g
Starch	0.00 g	0.00 %					
Protein	7.03 g	35.02 %					
Alcohol	0.00 g	0.00 %					